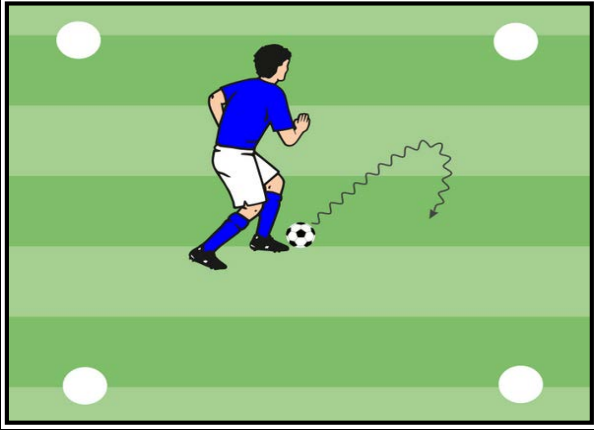




SKILL ACQUISITION: Dribbling: Head up, to move the ball forward use the laces portion of the foot, keep it close with small touches with your laces, to change direction use the inside or outside of the foot. To stop it use the sole of the shoe.

ACTIVITY 1: BALL MASTERY - TAPS



Objective: To dribble the ball forward and change direction.

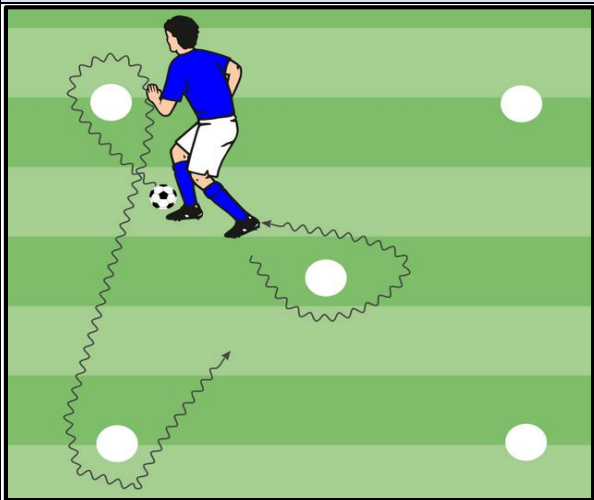
Equipment: 4 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

Organization: Set up a square as shown in the diagram. Get in the middle of the square with the soccer ball and start the tasks below.

Task:

1. Outside/Inside of the foot dribble.
2. Laces, laces inside, inside and stop.
3. Laces, laces, outside, outside and stop.
4. Laces, laces, laces, foot on the ball and drag.

ACTIVITY 2: 5 MARKERS FIGURE 8



Objective: To dribble the ball forward and change direction.

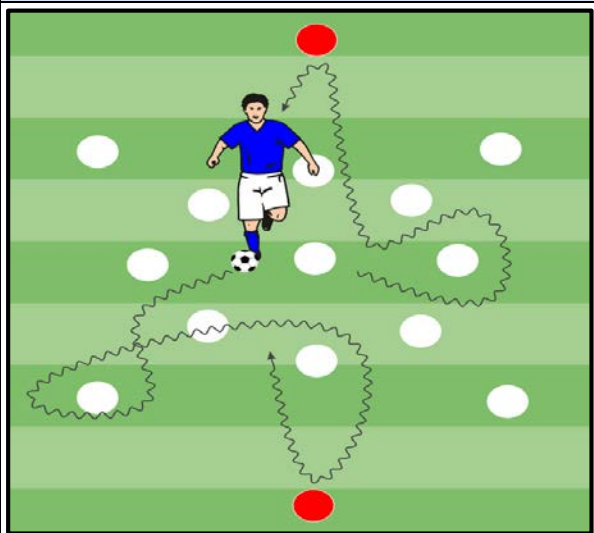
Equipment: 4 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

Organization: Set up a square as shown in the diagram. Get in the middle of the square with the soccer ball and perform a figure eight using the laces to go forward, the outside/inside of the foot to go around the cones. Perform the tasks below.

Task:

1. Figure 8 around all the cones. Use the inside of the foot to go around the cones.
2. Figure 8 around all cones. Use the outside of the foot to go around the cones.
3. Drag back at every cone.

ACTIVITY 3: THROUGH THE MAZE & TURN



Objective: To dribble the ball forward and change direction.

Equipment: 11-13 markers, 2 red ones (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

Organization: Set up a dribbling area with 11-13 markers plus 2 red markers as shown in the diagram. The player will dribble through and around the cones using the laces, the outside of the foot to change direction and keep the ball from touching any of the markers, then dribble toward the red marker and perform a turn.

Task:

1. Dribbling through the maze at the red marker use the inside of the foot cut.
2. Dribbling through the maze at the red marker use the outside of the foot cut.
3. Dribbling through the maze and perform any turn at the red marker.